



Dr. McBride - Dr. Harrington - Dr. Rodgers - Dr. Couch - Dr. Watts

## GOLYTELY BOWEL PREP

\*\*\*Please read these instructions carefully before starting this preparation\*\*\*

1. **TAKE PRESCRIPTION TO ANY PHARMACY TO OBTAIN GOLYTELY PREP KIT.**
2. **CLEAR LIQUID DIET:** Begin the morning of \_\_\_\_\_, Only drink liquids today. Do not consume solid foods. Do not consume red, orange, blue or purple liquids (i.e., red or orange Jell-O, tomato juice, etc.) Do not drink anything that contains seeds or pulp.

### EXAMPLES OF CLEAR LIQUIDS:

- Water, coconut water, vitamin water
- Clear broths, bouillon(chicken or vegetable)
- One cup of black coffee – no dairy, no powdered or liquid creamers
- Clear juices – apple, white grape juice, white cranberry juice
- Carbonated beverages – clear only, no dark colored
- Gatorade®/ Propel® sports drinks – no blue, orange, red, or purple
- Ice pops without milk or added fruit – no blue, orange, red or purple
- Jell-o® - only yellow or green ----- no blue, orange, red, or purple

3. Mix solution according to instruction: Fill up the container with any clear liquid of your choice to the filling line. Mix it and keep refrigerated.
4. **3:00 PM** – Begin drinking the solution in small amounts at your own pace till the container is empty.
5. Please make sure to be done by **9:00 PM**. Temporary feeling of bloating or nausea are common after the first few glasses.
6. Procedure is scheduled: \_\_\_\_\_

HHC Warner Robins  
478-542-7925

HHC Endoscopy  
478-542-7715

Houston Ambulatory Surgery Center  
478-329-3100

HHC Perry  
478-218-1746

A representative will call you the day prior to your procedure, to let you know what time you should arrive. If you have not received a call by 2:00 p.m. the day before your procedure, please call to obtain your procedure time. **YOUR ARRIVAL TIME IS ASSIGNED BY THE FACILITY WHERE YOU ARE HAVING YOUR PROCEDURE, PLEASE DO NOT CALL THE OFFICE (HOUSTON SURGICAL ASSOCIATES) FOR YOUR ARRIVAL TIME.**

NOTE: If you take blood pressure or heart medication, you may take your medication, the morning of your procedure with a sip of water only. Please hold all other medications unless instructed otherwise.

**You must have someone remain at the facility during your exam, drive you home and take care of you the remainder of the day.**

Your follow up appointment is \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

Please call the Scheduler with any questions at 478 – 352 – 5907